



# Continuing the Iowa



Volume 1, Issue 5

December 2005

## Continuing The Iowa Tradition The Adventure of Mountain Biking



On a crisp fall afternoon in October, the mountain bike group gathered for a ride on the Lake Manawa trails near the Missouri River Boat Ramp. I showed up to take a few pictures and be on my way.

When asked how long I could stay, however, I made the mistake of replying that I had all day. Before I knew it, I had a bottle of water, helmet, gloves and mountain bike and was on the trail. This was, they told me, the best place to get good pictures. They were right about that, but the journey there is where the true story and excitement lies.

Though I was repeatedly told that the trail was "all flat," I quickly discovered the amount of skills, concentration and endurance needed to maneuver the trails. I tried to take it "nice and easy," but my muscles soon ached from the activity and possibly from the stress of worrying about crashing!

As trees zoomed past my head, I tried to focus on the narrow 10-12 inch dirt trail in front of me. Focus was the word that I heard over and over because otherwise, "You'll hit a tree," said Martin Bixby, an experienced mountain biker. And as I rode

with them, I cozied up to a couple of trees and completely crashed once as I attempted to glide over a log which was obviously above my skill level.



After being *congratulated* on my first crash, members of the club informed me that I was now a true mountain biker. Pulling leaves and twigs from my clothes, I got back on my bike, kept riding over the "flat" land and was truly glad for my helmet.

Beginners and experienced riders use the Manawa trails to challenge their abilities with speed and balance. They do wheelies up and over logs and increase speed through narrow, steep ditches. Some even balance on logs as they ride across them.

Members say they love the trails because no matter what skill level they are, they can simply stop thinking about everything and FOCUS on the trails.

Anyone can begin mountain biking with simply a bike, helmet and gloves says Mike Resetar, club captain. The club will gladly teach interested individuals what they need to know as they enjoy the excitement of continuing yet another Iowa tradition.

*Go to page 3 for more information about mountain biking*

### INSIDE THIS ISSUE

Bald Eagle Events	page 2	Reindeer Cupcakes	page 5
Mtn. Biking, Cont'd.	page 3	Calendar of Events	page 6
Lake Red Rock Area	page 3	Winter Birdwatching	page 9
A Cool Experience	page 4	Make a "Flock of Birds" Snowflake	page 9



## Visit the Bald Eagle Events nearest you!

### When

January 7      8 a.m. – 4 p.m.

*Live bird programs and storytelling will be at the Clinton Community College from 9 a.m. to 2:30 p.m. A free bus service will be provided from the college to the outdoor viewing area.*

January 7-8      Saturday 10-7  
                          Sunday 10-5

*Live eagle and bird of prey programs, champion game caller Ralph Duren, Native American stories and dancing, Wisconsin mammals program and Wildlife Art Show & Sale and Environmental Fair are other highlights of this event. January 14 through February 19 on weekends only, combination eagle watches and Clock Tower tours will be held by reservation only.*

January 14      8 a.m. – 4 p.m.

Dubuque, Lock and Dam 11 (outdoor)  
Grand River Center, Port of Dubuque (indoor)

(563) 556-4372

*Exhibits will be on display from 9 a.m. to 3 p.m., and live eagle programs will be at 10:30 and 1:00.*

January 14      9 a.m. – 2 p.m.

Muscatine, Riverside Park, Lock and Dam 16

(563) 263-7913

*Live raptor programs will be held at 9:30 and 11:00.*

Jan. 20-21      Sat. 9:30-3:30  
                          Sun. 10-3

Keokuk

(319) 524-5599

*Indoor programs, environmental fairs and various other shows will be held at the Keosippi Mall, Grand Theater, River City Mall and the Holiday Inn Express.*

Jan. 21-22      10 a.m. – 3 p.m.

Guttenburg Municipal Building  
502 S. First, 3<sup>rd</sup> Floor

Guttenburg Civic & Commerce Club

(877) 252-2323

*Four live bird programs will be held on Saturday and three on Sunday with the last beginning at 1:00. VFW Post 11503 is serving soup from 10:30 to 1:30.*

Jan. 28-29      Saturday 10-1  
                          Sunday 1-4

LeClaire, Lock and Dam 14

(563) 322-3911 ext. 120

*Indoor programs will be held at the Mississippi Valley Welcome Center Saturday at 10, 11 & 12 and Sunday at 1, 2 & 3.*

January 29      10 – noon

Port of Burlington Welcome Center

Kim Pearlstein  
(319) 753-5808 or  
[starcave@co.desmoines.ia.us](mailto:starcave@co.desmoines.ia.us)

January 29      10 a.m. – 4 p.m.

Quincy, IL, Quincy City Park

(217) 228-0890

February 11      9 a.m. – 4 p.m.

Red Rock, Iron Bridge  
downstream from dam

(641) 828-7522

*Indoor programs will be held at the Pella Community Center, located two blocks south of the square at the corner of Union and Broadway St.*

February 26      Noon – 4 p.m.

Saylorville Visitor's Center

(515) 276-4656

March 4

Linn Grove Community Center

Beth Cathcart (712) 296-3790 or  
(712) 299-5248

## Check out mountain biking in other state parks and recreation areas.

Backbone	563-924-2527
Brushy Creek Rec. Area	515-543-8298
Red Rock	641-842-6008
Geode	319-392-4601
George Wyth	319-232-5505
Lake Ahquabi	515-961-7101
Lake Darling	319-694-2323
Lake Manawa	712-366-0220
Lake of Three Fires	712-523-2700
Pikes Peak	563-873-2341
Pilot Knob	641-581-4835
Rock Creek	641-236-3722
Shimek Forest Camp	319-878-3811
Stephens Forest Camp	641-774-5632
Stone	712-255-4698
Summerset	515-961-7101
Viking Lake	712-829-2235
Volga River Rec. Area	563-425-4161
Waubonsie	712-382-2786
Wilson Island Rec. Area	712-642-2069
Yellow River Forest Camp	563-873-2341

For other trails and trails ratings visit these website.

[http://www.trailshaveourrespect.org/docman/task,cat\\_view/gid,67/Itemid,48/](http://www.trailshaveourrespect.org/docman/task,cat_view/gid,67/Itemid,48/)

<http://www.ridemidwest.com/iowa.html>

<http://www.dirtworld.com/trails/IowaMountainBiketrails.asp>

[http://www.singletacks.com/php/database.php?state\\_id=12](http://www.singletacks.com/php/database.php?state_id=12)



## Natural Area Spotlight



### Lake Red Rock Area

Dating back more than five thousand years, Native Americans inhabited the Lake Red Rock area. In 1842 the Sac and Fox Indians granted white settlers ownership of this land. Towns such as Cordova, Dunreath, Fifield, Percy, Red Rock and Rouseau were established and thrived with numerous white settlers and traders. In 1960 the construction of Red Rock dam was begun. After the dam was completed, these river towns were permanently flooded and ceased to exist.

Today, the reservoir is used for many activities, including camping, hiking, biking, birding, and upland and waterfowl hunting opportunities. The Iowa DNR operates and maintains not only wildlife refuges and public hunting on the north end of the lake but also Elk Rock State Park on the south side of the lake with facilities for camping and horse-back riding.

The lake offers many water recreation opportunities, including boating, skiing, swimming and tubing and a variety of fishing opportunities in the river just below the dam.

Crappie are a popular species with most ranging from 8-10 inches but some as big as 12-14 inches. They are easily found along the rock areas and in the large bays, and the "jumbo fish" have been known to be in the Whitebreast area in the spring.



In the late summer and early fall months, Red Rock has a great white bass fishery. Bluegill, channel catfish, flathead catfish, largemouth bass, northern pike and walleye also add variety to the fishing experience. Many of these fish can be caught throughout the year below the dam.

Waterfowl and other migratory species, such as white pelicans and bald eagles, use Lake Red Rock as a major stopping-off area in both spring and fall. In the winter, large numbers of bald eagles dwell in the lake area. The reservoir area also serves as a habitat for numerous other plant and animal species.



**Flood control reservoir area:** 19,000 surface acres  
**Public lands area area:** 50,000+ acres



## **Ice Fishing: A Cool Experience**

Want to catch some of the best-tasting fish around? Try ice fishing! Fish caught through the ice have great flavor, and here are some tips so you and your family can enjoy this cool sport. You can find most of these items at your local bait shop or sporting goods store. Whether you have never ice fished before or are an expert, these tips will help you develop your skills, be safe and have fun.

### **Dressing to Have Fun**

It is important to dress in layers. The layer closest to your skin needs to be something that will keep you dry and prevent sweating. Cotton will suffice but polypropylene is much better. The second layer is what truly keeps you warm. Wool or fleece and a face mask or hood are suggested. The final layer is what breaks the wind. A down or ski jacket is good for this layer. Waterproof and well-insulated boots are important to keep your feet warm. Wind can break through hiking boots and street shoes very easily. A good ice shack will also keep you warm.

### **Not Walking on Thin Ice**

Ice thickness can vary depending on when areas of a lake or pond freeze. As you get near the ice, look for open areas that have not yet been iced over. This is a warning sign that the ice may be thin. If

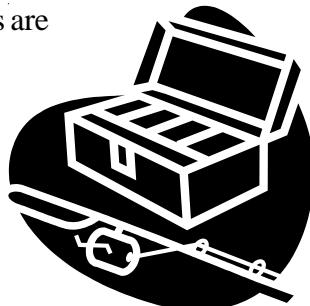
you see no open areas, drill test holes to see how thick the ice is. Clear, blue ice two inches thick is safe for one person to walk. Four inches, however, is much safer for ice fishing. As you go farther onto the body of water, drill several more holes. Do not assume that just because ice is thick in one spot, it is that thick across all the water. Five inches is suggested for snowmobiling.

### **Packing Equipment**

You need several items to be properly prepared to ice fish.

#### *Requirements*

- Friend – Never go out on the ice alone.
- Fishing license – Everyone 16 years old or older needs to have one.
- Compass – It can be easy to lose your direction.
- Ice auger – This is the tool used for drilling a hole through the ice. They can be manual or gas-powered.
- Bucket – You can carry your equipment to your spot and have something to sit on.
- Skimmer – A tool, similar to a soup ladle, used to remove slush from your fishing hole
- “Pick-of-Life” tool – In the unlikely event that you fall through, the hand-held spikes will allow you to pull yourself out of the water. A long rope can also be of assistance.
- Rod – Various kinds are available. The most common are usually 4 feet or less, much shorter than a summer fishing pole.
- Bait – Wax worms for bluegill and crappie or minnows for crappie, bass and walleye
- Hooks – The smaller the better.
- Light line – Two to four pound test won’t kink in the cold weather.
- Sponge-type bobbers – This alerts you when you have a fish.
- Needlenose pliers – You need these to remove the hook from the fish.



- Fingernail clippers – You may need to cut your line.
- Tip-up – A device that moves a flag indicating you have hooked a fish.

#### *Extras*

- Ice fishing shelter – These may be wood, plastic or canvas and are usually six feet by six feet.
- Propane heater – This will keep you and your ice house warm.
- Matches or Lighter – You have to have something to light the heater.
- Camera – A waterproof one will ensure you get great pictures of your big catch.
- Ice cleats – You don't want to skate across the ice, so these help with traction.
- Cell-phone – in case of an emergency

#### *Odds and Ends*

- Snacks
- Drinks
- Hand towel
- Sunglasses
- Extra gloves
- Tissues – In case you have a runny nose; don't use your sleeve!
- Small sled – If the fish aren't biting, you will have something else to do.

Try some ice fishing this winter with friends and family to create lifetime memories.

Buy your hunting and fishing  
licenses on-line at  
[www.iowadnr.com](http://www.iowadnr.com).

Just click on Hunting Information  
on the menu at the right and then  
click on  
Hunting/Trapping License Fees.



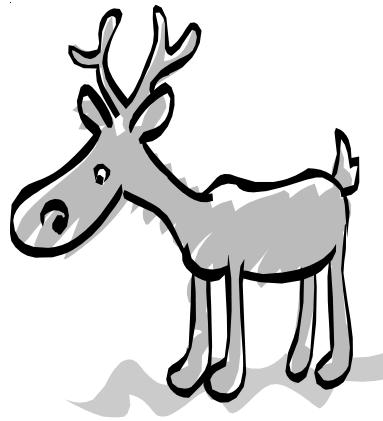
## Reindeer Cupcakes

#### What you need

- Chocolate cupcake mix and ingredients required for that
- Chocolate frosting
- Large pretzels
- Raisins
- Chocolate kisses

#### How to make it

1. Bake cupcakes and allow to cool.
2. Break pretzels in half and poke the two pieces into the side of the cupcake to make antlers.
3. Use the chocolate kisses for eyes.
4. Make a nose and mouth from the raisins.
5. Take pictures of the creatures, and share them with your family



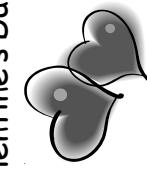
**December 2005**

# January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Nonresident holiday muzzleloader antlerless deer season ends	3 Follow animal tracks in the snow. A trail of tracks often tells a story of the habits of an animal in the winter. A tiny mouse scampers about on the snow surface looking for seeds; a daring rabbit leaves the protection of a thicket and gets grabbed by a hunting owl. Deep tracks indicate a large heavy animal. Look for other signs such as nibbled twigs and dug holes.	4	5	6	7
8 Decide which bald eagle event you want to attend with your family!	9	10 Deer bow and muzzleloader, turkey bow and rooster pheasant seasons end	11 Special antlerless deer season opens (IA residents only)	12	13 Try leaving your own fake animal tracks that tell a story.	14 Crow season opens
15 Light geese season ends	16 Martin Luther King, Jr. Day	17	18 Go outside and find evidence of the different ways animals cope with winter - migration, hibernation, storing fat, camouflage, growing a thick coat, fluffing their feathers, sleeping in tree cavities, storing food, eating different foods and shedding antlers are all ways animals adapt to winter.	19	20	21
22 Special antlerless deer season ends (IA residents only)	23 Special antlerless deer season extension (IA residents only)	24	25	26	27	28
29 Special antlerless deer season extension (IA residents only)	30	31 Bobwhite quail, gray partridge, ruffed grouse, fox and gray squirrel, raccoon, opossum and red and gray fox seasons end January 31				Visit <a href="http://www.kidsturncentral.com/winter/winterpg.htm">http://www.kidsturncentral.com/winter/winterpg.htm</a> to do more winter activities - jigsaw puzzles, word searches, clipart, etc.



# February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. What's a blizzrd's motto? 2. What did one bird say to another as he saw a jet fly by?  I. The snow must go on. II. I could fly fast if my tail were on fire!	1  Decorate your walls with lots of fun Valentine creatures! All you need is construction paper, scissors and glue. Just cut hearts of various sizes out of colored construction paper. Design and create your own creatures with the heart shapes and glue together. Glue your creatures on to a piece of white paper. You can make caterpillars, butterflies, peacocks and more!	2  Groundhog Day 	3  4	5  6  Decorate your walls with lots of fun Valentine creatures! All you need is construction paper, scissors and glue. Just cut hearts of various sizes out of colored construction paper. Design and create your own creatures with the heart shapes and glue together. Glue your creatures on to a piece of white paper. You can make caterpillars, butterflies, peacocks and more!	9  9  10  Build a snowman; make snow angels or have a snowball fight. What kind of snow doesn't stick together well? Why? Make sure no one gets hurt in the snowball fight!	11  18
7  13  14  Valentine's Day 	8  15  16  17  Build a snowman; make snow angels or have a snowball fight. What kind of snow sticks together the best? What kind of snow doesn't stick together well? Why? Make sure no one gets hurt in the snowball fight!	12  19  20  President's Day 	21  22  23  24  Listen to the sounds of winter. How many different sounds can you hear? What kinds of sounds do you hear? Write them down so you can compare them with sounds you hear at the same spot in the spring summer.	10  16  17  18  25	26  27  28  Cottontail rabbit season ends 	27  28  Make sun prints. Get a piece of colored construction paper. Find leaves, twigs, pebbles, pine needles, etc. Arrange these items on the paper and place the paper in a sunny place. When your remove the items, the sun will have faded the paper, and you'll have a beautiful print.

# A Partridge in a Pear Tree?

If you're watching for birds this winter, you might not see a partridge in a pear tree, but you will see a variety of birds. And from December 14 to January 5, you could help with a worldwide study called the Christmas Bird Count (CBC) to help researchers find out where birds are spending their time this holiday season. You can discover which birds are migrating and when, what the population trends of birds are and which birds are expanding out of their usual areas.

Beginning bird watchers (birders) need not worry, they will join a group that will include experienced birdwatchers. You need to count birds within a specific area, which may be your backyard. If you are interested in joining the CBC, visit this website <http://cbc.audubon.org/apportal/> to create a username and password and learn more about the CBC.



## Make a Flock of Birds Snowflake

1. Cut a piece of paper into an  $8\frac{1}{2}$  inch by  $8\frac{1}{2}$  inch square.
2. Fold the square in half diagonally.
3. Fold the square in half again.
4. Fold the triangle into 3 equal parts (see picture).
5. Cut off the tips of your paper as show below, so you have a triangle.
6. Lay the bird pattern below on your paper or make your own bird design.
7. Cut out a beak and head from the point of the paper and a tail and feathers from the other end. (Remember not to cut through the open side or you'll snowflake will fall apart.)
8. Open carefully to reveal a snowflake. Can you see the 6 birds flying towards the middle?
  
9. Find and label the six different birds with winter birds that live in Iowa.
10. Hang your snowflake up.
11. Create more snowflakes to decorate your room and house!

(See "Flock of Birds" PDF for pictures.)

